

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020

www.FrederickCountyMD.gov/aging

June Program Highlights

Father's Day Luncheon

Today we celebrate the men in our lives who have “parented” us over the years. Menu includes: eye of round roast, baby whole potatoes, baby whole carrots, roll, and brownie.

Date: Thursday, June 18

Sign-up by Monday, June 15

Time: Noon

Cost: \$4.68 (Regular meal cost)

Drawing/Painting Club

Join us for a morning of drawing and painting. Bring your own work and share your knowledge with other participants.

Date: Wednesdays

Time: 10:00 a.m. **Cost:** Free

The Inside Scoop: Education & Ice Cream COPD

What you need to Know about COPD....What is it? What caused it? What are the symptoms of COPD? How can I manage it?

This program will be presented by Kathryn Troupe MS, RN, ANP-BC, CHFN Nurse Practitioner, Heart Failure Program Frederick Memorial Hospital

Date: Tuesday, June 16

Time: 6:30 p.m. **Cost:** Free

Tuesday Night Pizza & Games

Enjoy an evening of games! We play for fun and bragging rights! Join us for pizza before the fun and games begin.

Date: 1st, 2nd, 4th Tuesdays

Time/Cost: Pizza 5:30 p.m. \$5 per person
Games 6:30 p.m. Free

Watercolor Class

Explore the art of painting in this 4-week class. Learn different techniques and tips using water colors. The class will be lead by two high school National Art Honor Society members.

Date: Tuesdays, starting June 2

Time: 3:00-4:30 p.m.

Cost: \$10

Picnic – Urbana District Park

The Urbana Senior Center is hosting a picnic for all the Frederick County Senior Centers.

Picnic lunch: fried chicken sandwich, coleslaw, potato salad, fruit and dessert.

Food! Fun! Friends!

Date: Thursday, June 11

Sign-up by Tuesday, June 2

Time: 10:30 a.m.-1:30 p.m.

Cost: \$5.00 (suggested lunch contribution)

Indoor Picnic Lunch with Nurse Steve

Bring your friends and enjoy an indoor picnic with Nurse Steve. Menu includes: ¼ lb beef hot dogs, baked beans, coleslaw, pineapple tidbits, and ice cream.

Nurse Steve's talk will be “Do my watering eyes, runny nose and itching mean I have allergies: a discussion of allergies; what causes them and how to prevent and treat them.”

Date: Wednesday, June 24

Sign-up by Monday, June 22

Time: Noon

Cost: \$4.68 (Regular meal cost)